



North Cobb Senior Center

Ongoing Activities

Seniors (55+) are welcome to participate in any activities between the hours of 8:30a.m. and 4:30p.m.

MONDAYS

	<u>Class</u>	<u>Cost</u>	<u>Dates</u>
9:00 – 10:00 am	Focus on Fitness*	FREE	weekly
9:00 – 11:00 am	Woodcarvers	FREE	weekly
1:00- 4:00 pm	Bridge	FREE	Weekly

TUESDAYS

	<u>Class</u>	<u>Cost</u>	<u>Dates</u>
8:00am	Walking Club	FREE	Tu & Thur
9:00 – 10:00 am	Focus On Fitness*	FREE	weekly
9:00 – 1:00 pm	AARP 55 Alive	\$10.00	1 st Tue & Thur
10:00 – 11:00 am	Focus on Fitness*	FREE	weekly
10:00 – 12:00 pm	Blood Pressure Clinic**	FREE	Monthly
11:30 – 1:30 pm	Celebrity Singles		1 st Tue monthly
1:00 – 2:00 pm	Book Club	FREE	2 nd Tue monthly
1:30 – 3:30 pm	Sew and So's	FREE	weekly

WEDNESDAYS

	<u>Class</u>	<u>Cost</u>	<u>Dates</u>
10:00 – 11:00 am	Kiwanis		Weekly
1:00 – 4:00 pm	Hand and Foot	FREE	Weekly
1:00 – 4:00 pm	Bridge	FREE	Weekly
12:00 – 1:00 pm	Photography Club	FREE	Third Wed monthly
2:00 – 4:00 pm	Eucre	FREE	Weekly

Thursdays

	<u>Class</u>	<u>Cost</u>	<u>Dates</u>
8:00am	Walking Club	FREE	Weekly
9:00 – 1:00 pm	AARP 55 Alive*	\$10.00	1 st Tue& Thur
	monthly		
8:30– 9:30 am	Focus on Fitness*	FREE	weekly
9:30 – 10:30 am	Focus on Fitness*	FREE	Weekly
10:45 – 12:45 pm	Open Table Tennis	FREE	Weekly
1:00 – 4:00 pm	Bridge	FREE	Weekly
2:00 – 4:00 pm	Rummikube	FREE	Weekly

Fridays

	<u>Class</u>	<u>Cost</u>	<u>Dates</u>
1:00 – 3:00 pm	Bingo*	\$3.00	Friday, monthly
1:00 – 3:00 pm	Film on Friday*	FREE	Friday, monthly
1:00 – 4:00 pm	Cribbage	FREE	Weekly

*** Requires Advance Registration**